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Way to Glow

How to look and feel Better Than Before on the road.



Many readers have told me that the first thing that happens as soon as they go on vacation is that they get sick. Could be, of course, that when your body finally relaxes from being away from all the stresses at work and on the home front, it is finally able to let down its defenses and some nasty

little bug takes advantage of that. Or simply that the anxiety of traveling itself can make you sick. A friend of mine who was deathly afraid to fly popped two Xanax and had a couple of glasses of wine at an airport bar before takeoff. Suffice it to say, she was feeling no pain when she boarded. How was she to know that the plane would develop some sort of engine problem and everyone had to eventually exit while still at the gate? So she ended up having to be carried off the aircraft by security, and was placed on a couch in the business class lounge, blabbering incoherently, until she was able to take the next flight. Not exactly the greatest start to her trip.

But making the flight may just be the start of your worries. Ultra-dry air and long periods spent in the same position can do their own forms of stressful damage. So to make life easier, I have consulted a top dermatologist, fitness trainer, and medical expert who share with us some must-do survival tips to avoid a not-so-happy holiday season.

Now let's backtrack a bit and talk about airport food, either before you board or when you have to wait to change flights. Food courts can be considered a sub-category in the American cuisine food chain – and not a healthy one at that. Kiosks loaded with fatty hamburgers, doughnuts, and greasy Chinese food rival only those in malls, amusement parks, and rest stops off the

highway. (The Lawyer, alas, considers Cinnabon outlets the portal to gastronomic heaven.)

“Carbs and sugar alleviate stress, and airports stress people out, especially during the holidays,” says **Franci Cohen, a nutritionist, exercise physiologist and fitness instructor in New York City**. “So, while it may feel good to inhale a day’s worth of calories in 10 minutes, the combination of a high-sodium meal and air travel equals a very bloated body from head to toe.” **Franci** feels, though, that it is possible to find healthy food options at airports – you just have to look beyond the hotdog and fries.

“Eat before you leave for the airport,” she recommends, “or pack your carry-on with fruit, vegetables, and granola bars. Also, avoid the beverage service on planes. Stick to water, you will have a happier flight and feel revived upon arriving at your destination.”